



THE PENNINGTON SCHOOL

For Immediate Release: October 7, 2026

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PENNINGTON, NJ, October 7, 2026—National Recognition for Pennington Field Hockey and Lacrosse Rosters

Three Pennington Red Hawks have earned prestigious national honors this fall: one on the USA Boys' Lacrosse lineup and two on the USA Field Hockey selection camp rosters.

USA Lacrosse kicked off the national recognition by naming senior Ben Watson '27—a Boston University commit—to the 2026 US Boys' U19 Youth National Team. Watson is one of just 24 players selected nationwide to take the field for the U19 squad this fall. Ben is grateful to both the Pennington Lacrosse program and the MAPL league for affording him, “the opportunity to play against some of the best players in the country in such a hotbed area for lacrosse,” and inspired to honor his country when the United States team takes on Canada.

Following that announcement, USA Field Hockey released its roster selections, recognizing sisters Clara Meccage '29 and Miah Meccage '31, who each will advance to the Junior Women's National Team selection camps. Sophomore Clara was selected for the U-18 roster, while Miah, an eighth-grader, earned a spot on the U-16 camp. Though just 13, Miah has long dreamt of playing at that level; her mother played on the US National team in the late 90s, winning a bronze medal with the Under-21 National Team at the Junior Pan-American games. Brushing aside any nerves, Miah said she feels, “mostly just excited about getting to play with the best players and maybe having the opportunity to play against the best teams in the world.”

Older sister Clara, fresh off a summer spent playing field hockey in Italy with a select group of players from NJ and PA, credits her mom's experience, support, and insight with helping her push through moments of frustration and “just trust the process.” Ahead of the camp, Clara is “putting the grind in and doing whatever I can to continue to get better,” acknowledging that the opportunity to play at this level “is even more motivating to be the best player I can be.”

Both field hockey players will head to Davidson College in Davidson, NC, from December 4 through 6 to participate in training camps. Following the camps, USA Field Hockey will officially name its 2026–27 Women's National Teams, with travel squads going on to compete internationally at Easter Tournaments in Europe in late March 2027.

The Pennington School is an independent coeducational school for students in grades 6 through 12, in both day and boarding programs. The curriculum is college preparatory, with an emphasis on individual excellence, fostering the development of the whole student through academics, athletics, community service, and the creative and performing arts.